

### **Session 3: “Facing My Anger” – On My Own**

#### **Numbers 32:10-13**

10 The LORD's anger was aroused that day and he swore this oath: 11'Because they have not followed me wholeheartedly, not one of the men twenty years old or more who came up out of Egypt will see the land I promised on oath to Abraham, Isaac and Jacob — 12 not one except Caleb son of Jephunneh the Kenizzite and Joshua son of Nun, for they followed the LORD wholeheartedly.' 13 The LORD's anger burned against Israel and he made them wander in the desert forty years, until the whole generation of those who had done evil in his sight was gone.

#### **Joshua 23:16**

16 If you violate the covenant of the LORD your God, which he commanded you, and go and serve other gods and bow down to them, the LORD's anger will burn against you, and you will quickly perish from the good land he has given you."

#### **Psalms 86:15**

15 But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

#### **Proverbs 29:22**

22 An angry man stirs up dissension, and a hot-tempered one commits many sins.

#### **Proverbs 30:33**

33 For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife."

#### **Proverbs 29:11**

11 A fool gives full vent to his anger, but a wise man keeps himself under control.

#### **Proverbs 15:1**

A gentle answer turns away wrath, but a harsh word stirs up anger.

#### **Ecclesiastes 7:8-9**

8 The end of a matter is better than its beginning, and patience is better than pride.

9 Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

#### **Galatians 5:19-26**

19 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.